# Airtides



Vol. 56, No. 33 McGuire AFB, NJ Aug. 19, 2005



Photo by Denise Go

Cadet Padma Lanka, New Jersey Wing Civil Air Patrol from South Brunswick, N.J., practices defensive techniques on the "RedMan," played by Senior Airman David Troche, 305th Security Forces Squadron, at Range 25 on Fort Dix Aug. 12. About 100 cadets joined the 305th SFS for weapons and defensive techniques training and K-9 demonstrations. The eight-day CAP cadets' annual encampment was at McGuire and Fort Dix. CAP provides leadership training, technical education, scholarships and career education to young men and women, ages 12 to 21.

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AF discusses BRAC recommendations

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NCOA remembrance room honors ex-POWs

## **Feature**

Military members attend Eagles training camp

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## **Weekend Weather**



Saturday: High 89° Low 68° Chance of showers



Sunday: High 85° Low 68° Chance of showers

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# McGuire joint basing to shape AF, DoD policy

Many of you may have heard about a series of joint basing initiatives slated to take place here between McGuire, Fort Dix and Naval Engineering Station Lakehurst.

These initiatives will help align our home station personnel and operations to match our joint warfighting mission.

McGuire is the Air Force's test laboratory to determine how best to combine installation support functions under Air Force leadership. To echo General Jumper's sentiments, I

want to assure you we'll take a close look at how we can reduce duplication and save money, while maintaining our warfighting capability.

Our role in this study will help shape Air Force and Department of Defense policy for this joint basing initiative.

I know you will set the example for teamwork, pride and professionalism in building a truly joint force installation. Even as we move closer to becoming one joint team, the actions of all of us are of paramount importance. I need you to take the

initiative and be a good team member. All our actions affect not only our own workcenters but the other units and services around us.

As you already know, being a good team member means working with others to successfully accomplish a difficult mission together.

As we fight the global war on terrorism, our deployed forces have successfully merged to become a seamless warfighting unit. Airmen, Soldiers and Sailors have banded together to help meet a common goal - protecting our nation and its

people from terrorism across the globe.

As you perform your duty today, take the time to examine how your efforts fit into the bigger picture of joint operations.

If you see an opportunity to enhance the mission for our fellow service members, be prepared to make it happen. Let's bring this wing's CAN DO attitude to our new joint base team.

- Brig. Gen. JJ Jackson 305th Air Mobility Wing commander

## Did you know?

This week in August 1943, Maj. Thomas B McGuire Jr., became an ace. In combat on Aug. 18, 1943, he destroyed three Japanese fighters



and shot down two additional aircraft the following day. It was the first two times he had encountered enemy aircraft in his career. His extraordinary airmanship, courage and marksmanship became immediately evident, as he quickly became one of the top American aces in the Pacific Theater.

## **Action Line**

The Action Line is an integral part of the base feedback network.

Use the chain of command first to address your concerns. If you are not satisfied with the response or you are unable to resolve the problem or concern, call the Action Line at 754-3247 or send and e-mail to action.line@mcguire. af.mil. Leave your name and number in case more information from you is needed to address your concern.



Photo by Brian Dyjak

Security surprise — Brig. Gen. JJ Jackson, 305th Air Mobility Wing commander, checks IDs at the main gate as a way to greet base members and also remind them to buckle up for safety.

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Photography support provided by the 305th Communications Squadron Multimedia Center

# Suicide video hits home for SNCO

By Senior Master Sgt. James Jarvis 436th Training Squadron

**DYESS AIR FORCE BASE, Texas** -- Throughout 19 years of military service, I've continuously been briefed about the importance of identifying and assisting my fellow Airmen who portray the classic signs of suicide.

However, it was during the making of an Air Combat Command video that the message finally became clear to me, as I now realize this problem is bigger than I'd imagined.

Since the inception of the "ACC Off-Duty Survivor Stories: Suicide Choices; Terminal Consequences" video, I've had several coworkers, friends and even family members speak to me about their experiences and thoughts about this brutal subject.

I always believed this was a problem that only touched people whom I didn't really know, but now I realize differently.

In fact, I've had three coworkers and friends disclose how they had all lost siblings to this tragic and senseless act in the past few months, and it made me realize how close this problem really does hit home.

As I listened to each of them speak, I couldn't help but reflect back at my own attitude about this subject when I was a young Airman.

Embarrassingly enough, I actually believed all the hype surrounding the mental health clinic during that time in my career and thought I would be ruining someone else's career if I ever actually contacted those professionals on their behalf.

In fact, one night nearly 14 years ago, a friend of mine did cry out for help, and because of my ignorance and the false stigma attached to the mental health clinic, I'm ashamed to admit I really wasn't a good "wingman" for him.

Although I did make an initial call, I didn't feel right, and I wouldn't give up his name — even through the persistent pleadings of the mental health professional on the other end of the line. I did, however, stay with my friend for several hours after he showed me his new handgun and spoke about his desperate despair of how he was going to shoot himself with his pending terminal breakup with his wife.

Although I still feel guilty today for not really fulfilling my duty as a good wingman, luckily, he didn't actually go through with his desperate plan. Had he done so, I couldn't imagine the enormous burden and grief I would still carry with me today. In fact, given the opportunity to do it over again, I would definitely act differently as I now realize the professionals at Life Skills really do care about people and are an excellent resource for those in need.

My hope is that people will have an emotional experience when they watch our new ACC video production and carefully evaluate their own actions in the event they ever need to reach out and help one of their coworkers or friends.

As the name of the production implies, suicide is really a poor choice, and if made, will only result in a senseless terminal consequence for someone who really just needed a little assistance at the time.

The "ACC Off-Duty Survivor Stories: Suicide Choices; Terminal Consequences" is available at <a href="http://dodimagery.afis.osd.mil/davis/">http://dodimagery.afis.osd.mil/davis/</a>. Enter "ACC Off Duty Survivor Stories" in the search engine.

I encourage everyone to watch it and help the Air Force address this devastating problem.

# CSAF describes AF role in joint basing initiative

Largest BRAC proposal in DoD history to bring McGuire, Fort Dix, Lakehurst merger to maximize warfighting capabilities

> By Gen. John Jumper Chief of Staff of the Air Force

The Department of Defense recently released the largest BRAC proposal in our history, including the recommendation to close 10 Air Force installations and realign 62 more. These

changes maximize our warfighting capabilities, realign our infrastructure within the future defense strategy, eliminate excess physical capacity, and capitalize on opportunities for joint operations.

They also include a concept called "joint basing" where two or more adjacent or nearby DoD installations are run by a designated service -- be it Army, Navy, or Air Force. By consolidating installation support services at conjoined or nearby bases under one Military Department, the Department of Defense hopes to save \$2.3 billion over 20 years

Under this BRAC recommendation. the Air Force will become the lead installation support provider at six locations (Charleston Air Force Base/Naval Weapons Station Charleston [S.C], Joint Base McGuire-Fort Dix [N.J.], Joint Base Andrews-Naval Air Facility Washington [D.C.], Joint Base Elmendorf-Richardson [Alaska], Lackland AFB/Randolph AFB / Fort Sam [Texas], and Langley AFB / Fort Eustis [Va.].) The Air Force will be the supported service at one Army (Joint Base Lewis-McChord [Wash.]) and three Navy locations (Joint Base Pearl Harbor-Hickam [Hawaii], Navy Guam/Anderson AFB [Guam], and Joint Base Anacostia-Bolling-Naval Research Laboratory [D.C].)

Modern warfare is Joint warfare. In addition to saving scarce funds, this move to Joint Basing will allow us to build closer relationships and forge stronger ties between services. We will not only train as we fight, we will live as we fight.

The Air Force has a long and successful history of working toward common goals in a joint environment without compromising Air Force principles and the well being of our people -- joint basing will be no different. Our guiding precepts as we move forward with joint basing are:

- Maintain uncompromised warfighting capability, including expeditionary combat support forces;
  - Preserve our installations as fighting positions and training platforms for our expeditionary force;
    - Airmen will command Airmen -- our unity of command at home station will remain intact;
    - Airmen open and operate airfields -- airfields will be operated and maintained by Airmen; and
    - Provide quality services at the best value.

Establishing joint bases will take time. We are working with the Army and Navy to ensure we do it smartly and are mindful of the lessons learned from past joint basing initiatives. The Office of the Secretary of Defense expects to establish the basic implementation policy by the end of this summer, with work on common standards and metrics continuing in the following months. Together, we will undertake pilot projects to explore how to best establish mutually acceptable joint basing agreements. However, until these projects are complete and BRAC is signed into law, it is premature to enter into any additional cooperative or interservice joint basing agreements.

Joint basing will neither lower our standards nor compromise our warfighting capabilities. Combining capabilities and eliminating unnecessary duplication and redundancy will save scarce funds and result in more efficient installations from which we, and our sister services, will more effectively project combat power for our Nation.

# **BRAC** focuses on right-sizing total force

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON -- The co-chairman of the Air Force's base closure executive group recently discussed the views the Air Force took when considering the Base Realignment and Closure recommendations.

"We have to base our future Air Force on a smaller but more capable force, and organize that force in the most effective way." said Maj. Gen. Gary W. Heckman, assistant deputy chief of Air Force Plans and Programs. "If all the BRAC recommendations are approved, the big thing we accomplish is we get the right force structure, the right sizes for effectiveness, at the best combination of bases."

Three aspects of transformation influence BRAC as well as other endeavors such as the Quadrennial Defense Review.

"There are technological changes, organizational changes and changes in concepts of operations," he said. Considering these changes "we find that when we reset the force to optimum sizes, it not only creates efficiencies, but it also makes our improved technologies and (concept of operations) more effective.

"Previous BRACs have tended to focus on active infrastructure," he said. "Over the first fours rounds of BRAC, we closed 25 active-duty bases, three Reserve bases and one Guard installation."

How does the Air Force reset the force? For fighter aircraft, General Heckman said 24 aircraft has been found to be the optimum number in a squadron.

"We know historically, and from senior military judgment, that's a really optimum fighting size," General Heckman said. "We've had that reenforced by some Air Force studies and analysis over the last few years, and have a 1996 (General Accounting Office) report that comes to the same conclusion."

Through force reductions, the Air Force has made the effort to maintain the balance of the force and optimize the resources in the flying community.

"Over the last 15 years, the force structure in the Air Force has gone down quite a bit — a third or more," he said. "As we have done that within the active force, we have taken the number of effectively sized squadrons and we've reduced the number. At the request of the Guard, what we have been doing in the Guard force is keeping the number of squadrons; slicing them down to the point that the average fighter squadron now in the Guard is 15."

Squadron size in the Guard became a focal point in commission review of the Air Force BRAC recommendations.

"As we go from today, with a reduced force structure, into a future where we expect the fighter force structure to go down another 20 percent, we just can't afford that kind of inefficiency," the general said. "So what we need to do within the BRAC is to right-size these forces and then put them at the right combination of bases."

The original thought was to close Guard bases that would lose their flying missions; however, the importance of the expeditionary combat support people at these installations changed their thinking, he said.

"These enclaves often deploy independently of the flying unit that happens to be (at that installation)", he said. "They're part of the starting rotation for our expeditionary force, and, importantly, these forces have important state uses for the governors as well.

"So we were convinced in our deliberations that it made more military value sense to leave those expeditionary combat forces in the states where they were, and we'd just shrink the footprint of the installation," the general said. "So we keep the expeditionary support, we right-size the units, and we're also able to turn back the excess infrastructure for local use."

BRAC commissioners are currently reviewing recommendations provided by the Air Force. After an initial cost, the Air Force expects to save about \$14 billion over the next 20 years.

If the current BRAC recommendations are approved, the initial investment to move and train all the people and build new infrastructure amounts to \$1.8 billion over six years, General Heckman said.

Two components calculate the return on investment -- actual cost savings and manpower savings.

"For BRAC purposes, according to the Department of Defense, these are considered BRAC savings," he said. "It means the dollars you save can be used for other dollar requirements. The manpower savings can be used for either other manpower requirements, which is our intent in the Guard and Reserve, or down the road for cashing in."

## **News briefs**

#### **Enlisted call**

Brig. Gen. JJ Jackson, 305th Air Mobility Wing commander, is scheduled to hold an enlisted call Wednesday at 3 p.m. in the enlisted club ball-room. General Jackson will be briefing on issues within the McGuire community and will be available for questions during and after the briefing. Snacks will also be available after the briefing. For more information, call Master Sgt. Robert Minott at 754-2011.

### School physicals

The 305th Medical Group is scheduled to provide school physicals Saturday from 8 a.m. to 2 p.m. Call (866) DRS-APPT for an appointment.

## A Baby Story

An episode of The Learning Channel's "A Baby Story" featuring Senior Airman Delaney Green, 305th Aerospace Medicine Squadron, and his family is scheduled to air Sept. 14 at 2 p.m. on TLC.

#### Closures

The family support center is scheduled to close today at 11 a.m. and will reopen Monday at 7:45 a.m.

The 305th Maintenance Squadron Munitions Flight is scheduled to be closed Sept. 19 through 23 for its semi-annual inventory. Assistance will be provided on an emergency basis only. For more information, call Staff Sgt. Russell Renner at 754-2102 or Master Sgt. Richard Hall at 754-8428.

## PT uniform update

The wear of headphones with the Air Force PT uniform has been forwarded to the Air Force Uniform Board via AFPC Field Operations. At this time, headphones may not be worn with the Air Force PT uniform until formal guidance is released from the AFUB.



# School district superintendent to address educational concerns, issues

Dr. James Sarruda, Superintendent of the Northern Burlington County Regional School District, is scheduled to host a "Town Hall" type discussion Aug. 29 at 7:30 p.m. in the base theater.

The NBCR is comprised of both the middle school (seventh to eighth grade) and high school grades (ninth to twelfth grade).

This is an opportunity to meet Dr. Sarruda and ask questions, learn about the school district and meet other parents who are active and concerned about education.

Parents are encouraged to submit issues and concerns by close of business Wednesday, to give Dr. Sarruda an idea of the types of questions base parents have prior to the meeting.

Concerns and issues should be submitted to the McGuire liaison, Lt. Col. Pat Rose Jr., 305th Mission Support Group at 754-5511.

— Courtesy of the McGuire Liaison, Northern Burlington Schools News Aug. 19, 2005 ● Airtides 7

# Youth program helps kids resist drugs

By Senior Airman Ashley DiFalco
Public Affairs Specialist

The Drug Education for Youth Program is scheduled for Monday to Aug. 26 and Aug. 29 to 31 from 7:30 a.m. to 4 p.m. at the officers' club.

DEFY is a prevention program for kids ages 9 to 12. DEFY deters "at-risk" behaviors by giving kids the tools they need to resist drugs, gangs and alcohol. The leadership and life skills provided by DEFY include: goal-setting, team-building, conflict resolution and decision making.

"This will be the first time that the DEFY program will be implemented at McGuire," said Titus Welcome, 305th Medical Operations Squadron, manager of the Drug Demand Reduction Program. "The DEFY curriculum is based on two decades of research and incorporates key characteristics of successful prevention programs identified by the U.S. Department of Health and Human Services."

A study by the Pennsylvania State University in 1996 demonstrated the DEFY curriculum produced a measurable, positive outcome in: resistance skills, social behavior, gang attitudes, self-esteem, alcohol attitudes, smoking attitudes and drug knowledge.



"The DEFY program can be a catalyst for increasing community participation and commitment to youth in our community," added Mr. Welcome.

The program is funded through the Department of Justice in cooperation with local military units, law enforcement agencies and the Drug Demand Reduction Program and is split into two phases.

Phase I is a structured five-day residential or eight-day non-residential camp environment that occurs during the summer. Phase II is a school-year mentoring phase designed to support the training and education received in Phase I. During regularly scheduled activities, mentors and staff provide tutoring and positive reinforcement through group or cluster mentoring and interactive workshops. A special graduation ceremony is held at the last Phase II session. The ceremony is a way to reward

all the DEFY participants and volunteers for their effort and commitment.

Young people generally begin using cigarettes, alcohol, marijuana and inhalants, and then progress to other drugs, Mr. Welcome said. These four drugs are often called gateway drugs because they provide a gateway, or an opening, to other harmful drug use.

Because the use of gateway drugs is most often the beginning point of drug use, the information presented to young people in DEFY primarily focuses on these four drugs, Mr. Welcome added.

"Positive values and relationships, concern for others, good health, a good education and a satisfying career — these are things we want for the young people of today," said Kevin Hansen, McGuire youth sports director. "Unfortunately, our young people face many obstacles to reaching these goals. The disturbing trend of substance abuse among young people today is one of the major obstacles. Substance abuse hurts our families, schools and neighborhoods. It hurts our health, social service and burdens our criminal justice systems. Substance abuse ends up hurting everyone in our country."

For more information, call Mr. Welcome at

## Summer camp offers creative outlet

By Airman 1st Class Rachel Martinez
Public Affairs Specialist

Parents have one last chance this summer to enroll their children in a summer program where they can express their creativity.

The Fort Dix Arts and Crafts Center offers a summer art camp for children 6 to 12 years old Tuesday to Aug. 26 from 12:30 to 2:30 p.m.

"Our main appeal here is support for military members and their families," said Abby Douglass, craft teacher. "We get so many kids who are well-behaved when their parents come in for a class, and they enjoy crafts and ceramics as well. We offer the camp because we enjoy the children and want to give parents a break."

This is the third year the arts and crafts center has offered the camp, with four sessions each year. Each day of the four-day camp consists of different activities taught by Ms. Douglass or Jim Jansma, the pottery instructor. Each day, the kids go home with a finished product.

"On the first day we make aprons for them to wear during the rest of class," said Ms. Douglass. "Surprisingly, that's often the kid's favorite craft. They get to put their name on it and decorate it."

Other craft activities range from paper mache to frames to bead bracelets and paper crafts. The craft activities differ from each session, so children who are enrolled in multiple

sessions don't repeat the same activities.

Two of the four days are dedicated to ceramics and mosaics.

"I talk about certain techniques but allow them a lot of freedom to make what they want," said Mr. Jansma. "They make things from pinch pots to coils to masks and smaller figures — almost anything their imagination can come up with."

Ms. Douglass said she encourages children to get involved in arts and crafts, if they haven't already.

"I think it is something children learn at home or school, but sometimes that's not enough," she said. "If they really like something, they should pursue it — especially arts and crafts. It's very therapeutic, and it teaches focus."

The art camp has been popular in the past; so popular at times that it's been hard to get into, said Ms. Douglass. There are only 10 slots for each session, but there's a waiting list available.

"The best feedback we can get is for them to sign up for the next session," Ms. Douglass said. "We've had a lot of families do that."

For those who can't make it into the art camp, the arts and crafts center offers children's craft classes Saturdays from 2:30 to 4 p.m. Each class features a different activity. Children and "tween" pottery classes are also offered. For more information about the summer art camp or children's craft classes, call 562-5691.



Mr. Sand Man — Senior Airman Philip Arnzen, 305th Civil Engineer Squadron pavements and equipment journeyman, works to remove sand from the old sand box at the youth center Aug. 2. The sandbox was removed for sanitary purposes and took eight hours to clear.

## NCOA honors ex-prisoners of war with room dedication

By Airman 1st Class Rachel Martinez Public Affairs Specialist

Fifteen American ex-prisoners of war from World War II, the Korean and Vietnam Wars gathered at the NCO Academy recently for a ceremony in their honor.

The McGuire NCO Academy American ex-POW/MIA Heritage Room was officially dedicated Aug. 11.

Present at the ceremony were Brig. Gen. JJ Jackson, 305th Air Mobility Wing commander, Chief Master Sgt. Roger Ball, 305th AMW command chief, and Col. James Stewart, 514th Air Mobility Wing commander.

The ceremony began with the singing of the National Anthem with all the ex-POWs singing along. Members of the NCOA then showed a video presentation featuring a mix of past and current photos of the men and women in service. Chief Master Sgt. Scott Kilbride, NCOA commandant, spoke just before the room was officially open.

"You are heroes to us because you represent something fundamentally decent; you stand as examples of dignity and honor holding firm despite the shattering collapse of your world during captivity," he said as he addressed the ex-POWs. "There are many of us

today, who can only hope we would be capable of such decency, such commitment, if we found ourselves in similar situations. And it reminds us that after all, patriotism is not a short and frenzied outburst of emotion, but a long and steady dedication of a lifetime. This room represents your spirit, your commitment. And each time we visit it we gain strength. This room will forever preserve the winding path of your memory and tell the story of your sacrifices for generations to come."

After the ribbon was cut, the ex-POWs and their spouses were invited to tour the room.

"I think the room is very nice," said Charles Balaza, a POW of the Japanese for three and a half years during World War II. "It gives people an idea of what we've been through. A lot of people have been kept in the dark, and by something like this, they can now see history."

Work on the room began more than a year ago when members of the NCOA decided to move the Tuskegee heritage room to the first floor. Two rooms were converted — one for the Tuskegee Airmen and the other for the POW/MIAs.

"The room was created to pay homage and to educate students and visitors on POW heritage but also, and just as important, the room helps to reinforce our Standards of Conduct les-



Photo by Kenn Mann

Zach Roberts, an ex-prisoner of war, tells Brig. Gen. JJ Jackson, 305th Air Mobility Wing commander, and Chief Master Sgt. Roger Ball, 305th AMW command chief, the story behind the Nazi flag in the display case after the dedication of a POW/MIA room at the NCO Academy Aug. 11. Shortly after being liberated in 1945, an ex-POW took the flag off a German tank and wrote "This flag will fly no more!" on it. The flag is on loan from Mr. Roberts.

son," said Senior Master Sgt. Lola LoRusso, NCOA director of resources. "It's during this lesson when we have the ex-POWs come in to talk to our students which further reinforces the lesson. When you hear their stories and what they endured and how they did it with honor, it inspires you to be a better Airman."

Sergeant LoRusso was responsible

for collecting all the items on display, some of which where personally donated from ex-POWs. Items on display include letters, telegrams, photos, medals, logbooks and various items from POW camps. Tech. Sgt. Patrick Vitullo, NCOA flight instructor, did all the wood work for the room and Tech. Sgt. Robert LoRusso, 32nd Air Refueling Squadron, matted the items.



Photo by Senior Airman Kelly White

Airman 1st Class Zuri Saaga, 21st Mobility Operations Squadron, accompanied by Senior Airman Michael Young, 305th Maintenance Squadron. Master Sat. Eugene Brown, 514th Air Mobility Wing, and Senior Airman David Weaver, 305th Comptroller Squadron, left to right, sing during their performance in The McGuire Theater Group's rendition of Forever Plaid, Aug. 5 and 6 at the officers' club ballroom. Forever Plaid is the story of four young men whose dream of becoming a close harmony singing group is cut short by a fatal car accident on the way to their first show. Forty years later, heaven gives them a chance to perform the show they never made it to.

## High Flyers

The following individuals received a score of 90 percent or better on their career development course end-of-course test in the month of July. Congratulations to:

Tech. Sgt. Dwayne Gordon, 305th Air Mobility Wing, 96 percent

Staff Sergeant Jacob Ladd, 605th Aircraft Maintenance Squadron, 96 percent

Senior Airman Charles Booth, 305th Civil Engineer Squadron, 96 percent

Staff Sgt. Ronald Rodgers, 305th CES, 92 percent

Airman Travis Marple, 305th MXS, 92 percent

Airman 1st Class Jason Buck, 305th Maintenance Squadron, 90 percent

Airman 1st Class Frankie Cain, 305th MXS, 90 percent

# Philadelphia Eagles Ronor MILLIARY the



#### Story and photos by Senior Airman Ashley DiFalco Public Affairs Specialist

In the midst of contract negotiations, pre-season jitters, and the Terrell Owens' saga, the Philadelphia Eagles dedicated a day of their training camp to the original warriors of the field — the military.

August 11 was the annual Eagles Training Camp Military Appreciation Day at Lehigh University. All military members in uniform were honored with a continental breakfast and admission onto the field after practice for personal autograph signing.

"The whole day was exciting and high-energy," said Tech. Sgt. Anthony Tarallo Jr., 305th Logistics Readiness Squadron NCOIC of fuels storage, "Even if you're not an Eagles fan, the support and professionalism from the USO and the Eagles organization make you star-struck."

Hot and humid weather didn't stop nearly 15,000 fans who attended the training just to watch the players practice.

As the practice session began to wind down, all the military members were gathered and walked single-file onto the field in preparation for the autograph signing. Slowly the crowd started to stand and cheer.

"I thought everyone was cheering for the Eagles, but when I turned around I realized the players were cheering too, and the applause was for us," said Sergeant Tarallo. "It was almost overwhelming."

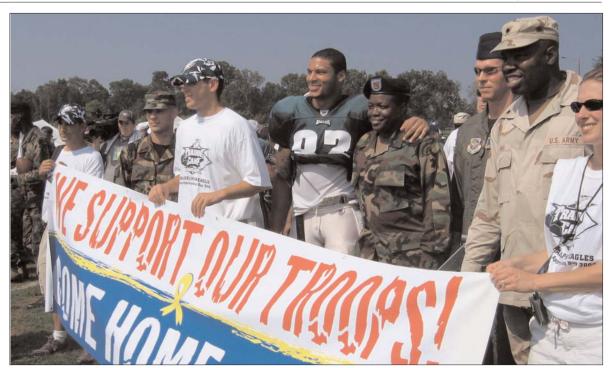
As military members got autographs, many of the players thanked them for their service and dedication, he added. "It was like both sides were fans of each other."

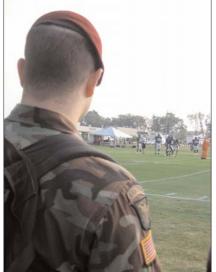




Right: An Army Airborne sergeant watches the eagles practice from the sidelines. Between 10-to-15 thousand people attended each day of the training camp to watch the Eagles practice hoping for anutograph. The month-long camp ended Monday. All military members were given a "goodie" bag filled with Eagles souvenirs including, car stickers, T-shirts and a training camp program.

Left: Andy Hall, quarterback, throws a pass during the Eagles practice Aug. 11. Hall has one year of experience with the Eagles and previously played for the University of Delaware.









Top: The Philadelphia Eagles players and staff hold up a sign to show their appreciation of military members at Eagles training camp Aug. 11. More than 100 military members attended the camp as part of a Military Appreciation Day. Above: Hank Fraley, a center for the Eagles, signs the back of two USO worker's shirts. "They're our heroes," said Fraley of the military. Fraley's brother, David, served in Iraq with the Third Infantry Division and is currently an active-duty Reservist at a New Jersey Army post.

Above right: Jevon Kearse signs a program for a military member. Kearse is nicknamed "The Freak" for his combination of speed, power and intensity. At Military Appreciation Day, Kearse stayed long into the day to sign autographs for a large group of military members.



## In the **Spotlight**

Rank/Name: Airman 1st Class Steve Barton

Age: 20

Hometown: Prattville, Ala.

Family: Chief Master Sgt. Bruce Barton and Master Sgt. (ret.) Maura Barton

Duty title/unit: 305th Civil Engineering Squadron engineering assistant, currently deployed with the 732nd Expeditionary Civil Engineer Squadron, Balad Air Base, Iraq



Airman 1st Class Steve Barton

Time in the Air Force: 16 months and 17 days

What I like most about being stationed at McGuire: New Jersey's the best, it has everything around it: surfing, snowboarding, the biggest cities in America and, believe it or not, some really cool

The military member who's influenced my career the most is: My father — he's had an awesome career; he enjoys what he does and has been a great father

My proudest military moment is when: I got Airman of the Quarter in March 2005

Five years from now I'll: Still be having fun and be a bit fatter.

I like to pig out on: Vamps from Empire Pizza in Bordentown

Hobbies: Surfing, watching Auburn football and eating

Motto: "Life's a garden, dig it." - Joe Dirt

Supervisor's comments: "Airman Barton is an outstanding engineering assistant. As a new Airman, he's learned a great deal from EA's around him, using this knowledge to become a leader for surveys and other contingency aspects related to our job. He led a survey of the entry control point, surveying 1,700 features in two days. He is a dedicated, enthusiastic Airman, who can be counted on to always give his all toward his tasks."

 Senior Airman Nicholas Spychalski 732nd Expeditionary Civil Engineer Squadron

# **Halvorsen Dining Hall Menu**

Todav Lunch Spaghetti w/ Meat Sauce Spinach Lasagna Dinner

Pasta Provencal Mexican Chicken Swiss Steak Stuffed Peppers

Saturday Lunch Fish Almondine\* Stir Frv Chicken Pork Chops w/ Mushroom Gravy Dinner Baked Chicken\* Cajun Meat Loaf

Ribeve Steak

Sunday Lunch Ginger BBQ Chicken\* Fried Shrimp Spinach Lasagna\* Dinner Tuna and Noodles Sauerbraten Chicken Breast

Mondav Lunch Swiss Steak w/Tomato Sauce Baked Chicken\* Italian Sausage Dinner Roast Turkey\* Baked Ham Fish & Fries

Tuesday Lunch Baked Fish\* Pork Schnitzel Yakisoba, Beef & Spaghetti Dinner Paprika Beef\* **BBQ Beef Cubes** 

Chicken Fajitas

Wednesday Lunch Jerk Chicken\* **Beef Porcupines** Chick. Enchiladas Dinner Pita Pizzas\* Country Style Steak Fried Chicken

Thursday Lunch Orange-Spiced Chops\* Liver and Onions Fried Fish Dinner Mr. Z's Chicken\* Pepper Steak Pasta Primavera

Menu items are subject to change due to availability. For more information. call 754-1418.

\* Denotes a Healthy Heart Menu item

Visit us on the web for the full 28 day menu

www.305services.com



## Can Do Crew

The Can Do Crew would like to recognize Jeffrey Hughes, 305th Mission Support Squadron. Mr. Hughes has been a great addition to the MPF through his assistance in the Records and Decorations Section providing quality customer service. However, that's not why he's being recognized. He's being recognized for his selfless dedication to preserving Air Force military history. Mr. Hughes located some rare Airman First, Second and Third

Class test stripes from 1952 and has donated them to the Air Mobility Command Museum at Dover Air Force Base, Del., where they will go into a special display. Be aware that the "Can Do Crew" is everywhere, looking for outstanding service. They covertly seek members of Team McGuire who make a difference, identifying and recognizing only the best! Remember, the strongest asset of Team McGuire is its people.

# What's My Line?

Winner: "Go ahead and take those rubber bands off that fellow, and we'll see who's tougher.' - Master Sgt. Phil Knudsen 2nd Air Refueling Squadron

Runner up: "I better be careful, his bite is bigger than my bark."

- Gwen Silveral Team McGuire member

#### The rules

- 1. Write a humorous or imaginative caption or cutline.
- 2. All entries must be submitted by noon Monday. Forward e-mail to airtides@mcguire.af.mil or drop off entries at the 305th Air Mobility Wing Public Affairs office.
- 3. Entries are limited to two per person.
- 4. The person with the funniest or most imaginative caption or cutline gets a 305th Services Squadron grab bag, which includes a variety of freebies, such as a
- lunch at Pudgy's and a free round of golf. 5. Prizes are provided by the 305th Services Squadron. Winners can pick up their prize at the 305th Services Marketing Office, Building 2905, at Pudgy Circle.



Write a caption or cutline for this photo. The writer whose caption or cutline is the funniest or most imaginative will be printed in the following week's issue.

## At the Movies

#### Today

"Fantastic Four" Rated PG-13. Show time is 7:30 p.m.

### Saturday

"The Island" Rated PG-13. Show time is 7:30 p.m.

Ticket prices: Adults \$3.50, children \$1.75

## Career and **Education**

#### Right decision briefing

First- and second-term Airmen with less than 15 months until their separation date should contact Career Assistance Advisor Senior Master Sgt. Gerald Alexander. Briefing dates are Aug. 29, Oct. 3, Nov. 7 and Dec. 15. To schedule an appointment, call Sgt. Alexander at 754-4636 or send an e-mail to career.advisor@mcquire.af.mil.

## **Burlington County College**

BCC's new hours of operation are Monday through Thursday from 8:30 a.m. to 3 p.m. and Friday 8:30 a.m. to noon. For more information, visit Building 1911, Room 209, or call 754-2577.

The McGuire BCC office has temporarily discontinued placement testing. Placement tests may be taken at the Pemberton-Browns Mills campus by walk-in or appointment. To make an appointment, call 894-9311.

Fall I and II term registrations are currently being accepted.

• Tuesday, Wednesday and Thursday from 11 a.m. to 1 p.m.: ART 101, Introduction to Art; ENG 102, College Composition II; POL 103, Comparative Government and Politics

## New courses

CRJ 103, Introduction to Correctional Systems; SOC 209, Introduction to Women's Studies

## **Embry-Riddle**

Office hours are Monday through Thursday from 9 a.m. to 5 p.m. and Friday from 9 a.m. to 1 p.m. For more information, call 754-5353.



1st. Lt. Leslie Weitershausen, Air Mobility Warfare Center section commander, readies herself for a swim in the dunk tank at the annual AMWC picnic, Aug. 12, at John Mann Park on Fort Dix.

## **Thomas Edison**

Registration is currently being accepted for the following on-base courses offered from 6 to 8:30 p.m. in Building 1911:

## Monday

HIS-301 African History, Culture; PSY-350 Abnormal Psychology

## Tuesday

BUS-421 Business Policy; REL-405 Introduction to World Religions

#### Wednesday

PHI-384 Ethics and the Business Professional

#### Thursday

MAR-310 Principles of Sales; SOC-322 Dealing with Diversity

Thomas Edison also offers more than 130 on-line courses and classes that support Community College of the Air Force completion. Interested people may register at Building 1911, Room 211, from 9 a.m. to 3 p.m. For more information, call 723-1592 or 754-5348.

## **Tuition assistance**

Tuition assistance is available on line via the Air Force Virtual Education Center Web site at https://www.my.af.mil/afvecprod or via a link on the Air Force Portal. Users will be required to log on to

AFVEC by using their AF Portal user ID and password. Then, click "Application for Tuition Assistance" under the "Self Service" tab. Users are required to have a degree plan on file at the education center, and they will also need to know and enter basic course registration information into the on-line TA request. They must know, among other things, the school's exact term start and end dates, course code, course title and cost per semester- or quarter-hour. Once entered and reviewed, the TA request information will be forwarded electronically to the education center for final review and approval.

The user will be notified via email and via their "AFVEC" account when the TA request is approved. A copy should be printed for the user's records and a copy for the school being attended.

Turnaround time is two working days from the date of the request. It is the user's responsibility to hand-carry or fax a copy to the school for billing.

#### **CCAF**

Airmen who have completed all requirements for their CCAF

degree should ensure their transcripts from all civilian schools are sent to CCAF/RRR, 130 West Maxwell Blvd., Maxwell AFB, AL 36112, in time to arrive there by Saturday. For more information about how to earn a CCAF degree, call Kelli Parlante at 754-4116 or e-mail Kelli.Parlante@ mcguire.af.mil.

## Retirement

## Ceremonies

- Chief Master Sgt. Kenneth Mehus, Air Mobility Warfare Center, retires during a ceremony today at 2 p.m. at the officers' club. For more information, call Senior Master Sgt. Kevin Townsend at 754-7439.
- Master Sgt. Doyle Dacus, 305th Maintenance Group, retires during a ceremony today at 3 p.m. in Building 3210. For more information, call 754-3194.
- Master Sgt. Bernard McGuinness, 305th Communications Squadron, retires today at 2:30 p.m. during a celebration at his residence of 415 Cherokee Dr., Browns Mills, N.I. For more information or directions, contact Master Sgt. Karen Leden at

754-4847 or Sergeant McGuinness at bernard.mcguinness@mcguire.af.mil.

• Master Sgt. David Self, 305th Logistics Readiness Squadron, will retire during a ceremony Aug. 26 at 1 p.m. in the enlisted club Fireside Lounge. For more information, call 754-4300.

## **Arts and Crafts**

Fort Dix Arts and Crafts Center, Building 6039, is open Tuesday through Thursday from noon to 5 p.m. and 6 to 8:45 p.m., Friday from 11 a.m. to 4:45 p.m. and Saturday from 9 a.m. to 4:45 p.m. For a complete list of classes or more information, call 562-5691.

## • Quilts for kids

The first Saturday of each month from 11 a.m. to 3 p.m.

## Adult craft classes

Aug. 23, Summer album 6 to 8:30 p.m. \$5 fee plus materials.

## • Lunch craft classes

Friday from 11:45 a.m. to 12:30 p.m. today, Bead jewelry

- Children craft classes are for children ages 6 to 12. Registration is \$5 plus materials. Back-to-school pencil holder and mini album, Saturday, from 2:30 to 4 p.m.
- Beginner's crocheting Tuesday from 6 to 9 p.m.
- Crafty birthday parties include up to two hours of party room use, one craft project with instruction and all materials, plus a digitally mastered photo T-shirt for the birthday child. A personal choice of crafts range from ceramic painting, create-a-critter stuffed animals, jewelry and other popular crafts.
- Rubber stamping
  Tuesday from 6:30 to 8:30 p.m.
- Photo album workshop

Aug. 27 from 10 a.m. to 4 p.m.

• Framing class requires pre-registration and costs \$10 plus materials purchased the day of class. Students should bring a piece to frame that is no larger than 8 x 10 inches.

Wednesday from 6 to 8:30 p.m.

## Woodshop

Sunday from 10 a.m. to 5 p.m. and Monday through Wednesday from 6 to 9:30 p.m. in Building 6509. For more information, call 562-4854.

## **Miscellaneous**

## Airmen's Attic

The Airmen's Attic, 3446 Broidy

Ave., will be closed through Sept. 7. In case of an emergency need, Team McGuire members should contact their first sergeant. Normal business hours are from 10 a.m. to 2 p.m. and will resume Sept. 9.

## **Enlisted spouses**

The McGuire Enlisted Spouses Club is scheduled to meet the fourth Wednesday of every month at 7 p.m. in the enlisted club. Wednesday's meeting theme is "My Tie Special," and there will be a wackiest tie contest. A beach party at Seaside Heights is also scheduled for Aug. 27. For more information, call Nicole Seiler at 723-2445.

#### McGuire 56

McGuire 56 is an organization for Airmen with ranks E-5 and E-6. For information about it, call Tech. Sgt. Jennifer Best at 754-4704 or Staff Sgt. Josh Copeland at 754-3239.

## **AFSA Meeting**

Chapter 211 of the Air Force Sergeants Association is scheduled to hold its monthly meeting Thursday at 4:30 p.m. at the enlisted club.

## Reunions

- The sixteenth annual reunion for people stationed at Sampson Air Force Base, N.Y., is scheduled for Oct. 10 to 14 at Lake Barkley State Resort Park in Codiz, Ky. For more information, call Jamie Jameson at (585) 377-1153 or Walt Steesy at (607) 532-4204, or e-mail SamAFBvet@aol.com.
- The Air Commando
  Association/Special Operations
  Veterans from World War II are
  scheduled to hold their annual
  reunion Oct. 7 to 9 at Fort Walton
  Beach, Fla. For more information call
  850-581-0099, fax 850-581-8988, e-mail
  aircomando@aol.com or visit
  http://home.earthlink.net/~aircommando1/

## **Kids and Teens**

## Youth center activities

For more information about activities hosted by the McGuire Youth Center, call 754-KIDS.

## • Midnight basketball

Friday 10 p.m. to midnight. Free.

• Dance classes available include tap, jazz, ballet and acrobatics for children of various ages Monday and Thursday. Monthly cost for classes is \$35. 10 a.m., ages 4 and 5 11 a.m., ages 3 and 4 5:30 p.m., ages 6 to 8

## Club Beyond

**Community** 

This club is for junior and senior high school teenagers. The club meets as a group to play games, do group activities and perform skits. The club is similar to Young Life. For more information, contact Scott Schesser at 754-5904 or e-mail club@dandy.net.

## **Family**

## Family support center activities

For more information about any of the FSC events and activities below, call 754-3154.

- Federal Resume Writing Aug. 30 from 10 a.m. to noon
- Hearts Apart dinner and social for family members celebrating a birthday, anniversary or other special occasion during July, August or September, whose military loved one is deployed or on a remote or temporary-duty assignment today at 6 p.m. at John Mann Jr. Recreational Park on Fort Dix.
- Pre-deployment briefings
  Briefings are scheduled Monday
  and Wednesday from 1 to 1:30 p.m.
  and Thursday from 9 to 9:30 a.m.
  This briefing discusses personal
  and family readiness issues. It also
  meets the requirement for the
  readiness box on the deployment
  checklist. Advance registration is
  required.
- Back-to-school movie night The Friends of Family Support is scheduled to host their annual Hearts Apart back-to-school movie night Tuesday from 6 to 8 p.m. at the FSC.

## Family advocacy

For more information about or to register for family advocacy programs, including those listed below, call 754-9680.

• Early pregnancy class

Topics help prepare parents for what to expect throughout pregnancy. Guest speakers include experts from: pediatrics, physical therapy, dental, TRICARE, public health, nutrition and family advocacy. The class is scheduled the second Monday of each month from 9 to 11:30 a.m.

## • Fathers-to-be

This class is taught by dads, for dads, and is scheduled the third

Thursday of each month from 5 to 6:30 p.m.

## • Marriage with babies

Class topics help expectant parents to learn how a new baby impacts their marital relationship. Class is offered quarterly the first Friday of each month at Child Development Center I from 6:30 to 8:30 p.m.

## Playgroup

This informal setting allows children to play while parents socialize from 11 a.m. to 12:30 p.m. at CDC I. Monday, ages 18 months to 3 years; Wednesday, birth to 18 months.

## **Spiritual**

For more information about spiritual services, call 754-HOPE.

## Worship services

## • Catholic Mass

Monday through Thursday at 11:35 a.m., Saturday at 5 p.m., Sunday at 9 a.m. at Chapel I.

## • Islamic Zuhr prayer

Monday through Friday at noon at the Fort Dix Chapel.

## • Jewish Sabbath worship

The first and third Friday of each month at 6:30 p.m. at the Fort Dix Chapel.

## Protestant

Traditional
Sunday at 8 a.m. at Chapel II
Gospel
Sunday at 11 a.m. at Chapel I
Evangelical
Sunday at 11 a.m. at Chapel II

## • Wiccan study group

The first Tuesday each month at 6:30 p.m. in the Chapel II conference room.

## Men's reformation group

A group is scheduled for Friday at 11:45 a.m. at the officers' club.

## OCF

The Officers' Christian Fellowship meets for Bible study the first and third Monday of every month at 6:30 p.m. at Chapel II.

## **Catholic Women of the Chapel**

The CWOC is scheduled to hold a "Journey of Faith" event Aug. 27 at 9 a.m. at the Chapel I annex. A light breakfast and lunch will be served. To register, call Joan at 723-3679. To request childcare, call Duska at 723-2766.

## - Team McGuire on the street -

## Do you prefer the beach or the mountains?



Ryan Castro, Team McGuire member

"I prefer the fresh cold air of the mountains."



Vance Wright, 305th Air Mobility Wing **History Office** 

"The beach because I believe the mountains are for the adventurous type while the beach is for the laid back type."



Chief Master Sgt. Scott Kilbride, **NCO Academy** 

"The mountains because I'm afraid of sharks."



Airman Eric Disciullo, 305th Communications Squadron "The mountains because the view

from the top is indescribable, and the hike is good exercise."

# Crossword puzzle: AF Pioneers of the '50s

#### ACROSS

- 1. Prosciutto source
- 4. Female fried
- 7. Hawaiian acacia with flowers
- 10. Ellipse
- 12. Benefactor
- 14. In falconry, short strap fastened around the leg of a hawk
- 15. Aerobics
- 16. To put on (a piece of clothing)
- 17. Hurts
- 18. USAF pioneer Gen.
- Nathan \_\_\_\_; 1st AF CJCS 20. Type of psych test
- 22. Obtained
- 23. The soybean
- 24. Army police officers, in short
- 27. Blob
- 29. Describing a roughly bounded part of the space on a surface
- 33. Dine

- 40. Make an offer 41. Bay of Naples isle
  - 44. Foe 47. First lady
  - 48. Social outcast

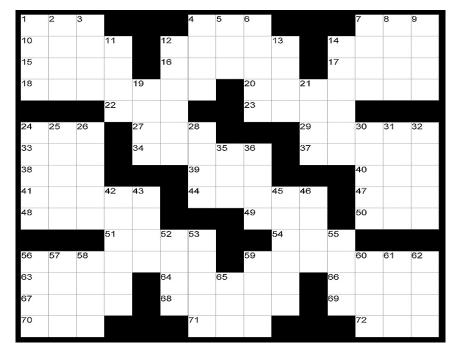
38. Accountant, in short \_\_ an engine

49. Identify maiden name 50. Lair

34. Excuse

37. Drum

- 51. Collegiate athletics governing body
- 54. Mil. pay during PCS 56. USAF pioneer Gen.
- Schriever; AF "father of space/missiles"
- 59. USAF pioneer Harold ; 3rd SECAF
- 63. Ontario neighbor
- 64. Chaplin movie \_
- Strange Predicament (1914)
- 66. Actress Falco of The Sopranos
- 67. Canter
- 68. Bridges
- 69. Dial or touch
- 70. Concord plane, in
- 71. Explosive combo
- 72. Dashed
- DOWN 1. AF pioneer Gen.
- Vandenberg; 2nd CSAF
- 2. Declare
- 3. Warlock
- 4. The \_\_\_ Show
- 5. Conjunction
- 6. USÁF hero Maj. Sebille; 1st USAF MoH
- recipient 7. USAF pioneer Capt.



By Capt. Tony Wickman

- Lillian Kinkel \_\_\_; flight nurse / decorated vet
- 8. Scandinavian capital
- 9. Helper, in short
- 11. Singer k.d.
- 12 Type of records
- 13. Nevada town
- 14. USAF hero Lt Col James : first iet ace
- 19. Midwestern state
- 21. Burmese currency
- 24. Islamic holy site
- 25 Dads
- 26. USAF Pioneer Col. John

- ; G-forces scientist
- 28. Ominous
- 30. Dwindled
- 31. Existing
- 32. Weighed down with a load
- Nevis; highest moun-
- tain of Great Britain 36. USAF pioneer Capt.
- Kincheloe; America's "first spaceman"
- 42. Milk curdling
- 43. Ancient Peruvian empire
- 45. Achievement,

- Commendation, Good
- Conduct, etc.
- 46. Scream
- 52. Coat-of-\_\_\_
- 53. Fit in
- 55. Assist
- 56. Wagers
- 57. Mistakes
- 58. Mob rule
- 59. Camping need 60. Smell
- 61. Singer Turner
- 62. Youth
- 65. Prohibit



Aug. 12 answers

## Wellness tip: Running

## To decrease your chance of injury...

- Invest in good/shockabsorbing running shoes
- Warm up before/cool down after (e.g., walking, running)
- Gradually increase frequency and duration

## Posture pointers...

- Keep you head level, avoid bouncing and lean forward slightly from the ankles
- Keep you shoulders down and relaxed
- Strike the ground heel first, roll to the ball of the foot, push off from the toes
- Do you have pain when running? Take a break to recuperate.

### Did you know...

- Seventy percent of runners experience an injury each year.
- There was a 30-percent increase in running injuries reported by Air Mobility Command Physical Therapy since the start of the new Air Force fitness program.

Courtesy of AMC Command Surgeon Office



Members of the 6th Airlift Squadron (in white) square off against members of the 305th Medical Group (in green) during the intramural soccer championship Aug. 10. The 6th AS won the championship game 3 to 0. For more information on upcoming intramural sports or other fitness programs, call the fitness center at 754-6085.

# Sports shorts

- Private golf lessons are available at Falcon Creek Golf Course. For more information, call Troy Moss at 754-2169.
- Upcoming intramural sports seasons are scheduled to start as follows: flag football, Sept. 5; volleyball, Sept. 5; cross-country, Sept. 7. For more information, call Staff Sgt. Heather Brundidge at 754-6051.
- A Manasquan Reservoir Kayaking trip is scheduled for Aug. 27, departing the base at 8:30 a.m. The trip is suitable for beginner and advanced paddlers, but all participants must know how to swim.

Cost is \$25 per person.
Participants
should
bring

- their own lunch, drinking water, sun block and rain gear. For more information, call Fort Dix Outdoor Recreation at 562-6667.
- ◆ A racquetball tournament is scheduled for Aug. 27 at the Doughboy Gym, Building 5953, Fort Dix. All military members, family members, Department of Defense civilians and retirees of all skill levels, including novice, are welcome to participate. The \$10 entrance fee includes a T-shirt, food and prizes. Trophies for first- and second-place winners in each division will be presented. For more information or to register, call Tony Nguyen at 562-2769 or 562-4888.
- A Basto River Canoeing and Camping trip is scheduled for Sept. 3 and 4. All participants must attend a pre-trip meeting. The price is \$35 per person and includes a sleeping bag. For more information, call Fort

- Dix Outdoor Recreation at 562-6667.
- All active-duty members are entitled to mouthguard services at the dental clinic. A mouth guard is worn to prevent serious injuries to teeth, soft tissue and surrounding areas of the oral cavity when there is a strong chance of contact with other participants or hard surfaces. More than 200,000 injuries to the mouth and jaw occur each year. For more information, call the dental clinic at 754-3787.
- The McGuire Officers' Spouses' Club is scheduled to hold a golf tournament Sept. 15 at noon at the Falcon Creek Golf Course. Cost is \$45 per participant. For more information, contact Marlene Katz at 723-2070 or Av8orwife@comcast.net.
- Registration for the Fort Dix/ McGuire Junior Bowling League is Saturday and Aug. 27 from 1 to 3 p.m. Late registration is Sept. 10

- from 10 to 10:45 a.m. A sanction fee of \$12 for juniors and \$5 for pee wees is due at time of registration. Start date is Sept. 10 at 11 a.m. Cost per week is \$7 for juniors (three games and shoes) and \$3 for pee wees (one game and shoes). Bowlers who compete this season will receive a trophy, and the team will receive a pizza party at the end of the season. For more information, call Ed or Judy at 562-6895.
- Squadrons have a chance to find out which have the fastest male and female runner during the Match Up Finale 1.5-mile run Aug. 31 at 7 a.m. at the track. Runners must be ready to go by 6:45 a.m. Squadrons may enter their top two male and two female runners. Those interested must sign up by Aug. 29 at the fitness center. For more information, call Tech. Sgt. Alita Mahadocon at 754-6085.